Contents

1 Introduction 1
1.1 Introduction 1
1.2 Background of Study 2
1.3 Statement of the Problem 4
1.4 Research Objectives 5
1.5 Research Questions 5
1.6 Research Hypotheses 5
1.7 Scopes of Study 5
1.8 Significance of Study 6
1.9 Conceptual Framework of Study 6
1.10 Theoretical Framework and Model of Mindfulness 7
1.11 Conceptual and Operational Definitions 8
1.12 Conclusion 10
References 10

2 Literature Review 15
2.1 Introduction 15
2.2 The Value of Mindfulness in Life 16
2.3 Mindfulness and University Students 18
2.4 Mindfulness and Demographic Factors 20
2.4.1 Mindfulness and Age 20
2.4.2 Mindfulness and Gender 20
2.4.3 Mindfulness and Race 21
2.4.4 Mindfulness and Education Level 21
2.4.5 Mindfulness and Health Condition 21
2.4.6 Mindfulness and Family Status 21
2.4.7 Mindfulness and Religion 22
2.5 Mindfulness Measurement 24
2.6 Students in Universiti Teknologi Malaysia 26
2.7 Conclusion 26
References 27

3 Methodology . . . 33
3.1 Introduction . . . 33
3.2 Research Design . . . 34
3.3 Population and the Sample . . . 34
3.4 Research Location . . . 35
3.5 Research Instrument . . . 35
3.5.1 Research Questionnaire . . . 35
3.6 Research Procedure . . . 37
3.7 Data Process and Analysis . . . 38
3.8 Conclusion . . . 38
References . . . 39

4 Data Analysis . . . 41
4.1 Introduction . . . 41
4.2 Analysis of Demographic Factors . . . 41
4.2.1 Gender . . . 41
4.2.2 Age . . . 42
4.2.3 Race . . . 42
4.2.4 Religion . . . 43
4.2.5 Educational Background . . . 43
4.2.6 Types of Faculty . . . 43
4.2.7 Family Status . . . 44
4.2.8 Health Condition . . . 44
4.2.9 Relationship Between Mindfulness Level and Demographic Factors . . . 44
4.3 Level of Mindfulness Based on Individual . . . 45
4.4 Level of Mindfulness Based on Faculty . . . 46
4.4.1 Relationship Between Level of Mindfulness and Type of Faculty . . . 46
4.5 Analysis of Hypotheses . . . 47
4.5.1 First Hypothesis . . . 47
4.5.2 Second Hypothesis . . . 47
4.5.3 Third Hypothesis . . . 47
4.6 Conclusion . . . 48

5 Discussion, Implication, and Conclusion . . . 49
5.1 Introduction . . . 49
5.2 Level of Mindfulness Among UTM Undergraduate Students . . . 50
5.3 The Relationship Between Level of Mindfulness and Type of Faculty . . . 51
5.4 The Relationship Between Level of Mindfulness and Demographic Factors . . . 53
5.5 Implications . . . 54

5.6 Recommendations 55
5.6.1 Recommendation for the Government Policies 56
5.6.2 Recommendation for the Work of Practitioners 56
5.6.3 Recommendation for Body of Knowledge and Theory Development 57
5.7 Limitation of the Study 57
5.8 Conclusion 57
References 58

Appendix 63

http://www.springer.com/978-981-10-2780-2

Mindfulness Among Students
The Impact of Faculty and Demography in Malaysia
Ahmadi, A.
2016, XIX, 63 p. 2 illus., Softcover
ISBN: 978-981-10-2780-2